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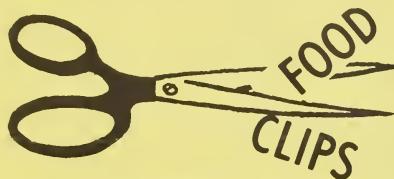
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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If you purchase tomatoes that aren't fully ripe--don't put them in the refrigerator! The cold temperature may keep them from ripening later on. Let tomatoes ripen in a warm place and then refrigerate them, advise U.S. Department of Agriculture home economists.

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Did you know that moisture at the neck of an onion may be a sign of decay? Look for clean, hard, well-shaped onions with dry skins, according to USDA.

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USDA home economists suggest that you do not use fruits or vegetables that show even slight evidence of mold. An off-flavor is produced by the mold growth in the tissue even though proper processing kills potential spoilage organisms.

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Did you know that oleomargarine and non-dairy coffee creamers have something in common? If you don't think so--take a second look. Both are made from soybeans. In fact, most cooking or salad oils labeled only vegetable oil are primarily soybean oil.

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USDA Research

-- On Soy Concentrates

A new concentrate has been developed as an economical protein and fat source for beverages and formulated foods according to the Agricultural Research Service scientists at the Northern Regional Research Laboratory of the U.S. Department of Agriculture.

The fat-protein concentrate produced by the ARS process reconstitutes in water to a smooth, light-colored bland base. A wide variety of high-quality beverages or formulated foods can be produced by adding minerals, vitamins and flavor ingredients. In taste-panel tests, beverages prepared by adding either a Dutch chocolate-flavored prepared mix or sugar, salt and synthetic milk flavoring to the bland base were rated quite acceptable.

The USDA process--94 percent of the protein and 85 percent of the oil in soybeans retained in the concentrate -- was developed by USDA chemical engineers. The liquid product can be spray dried to a reconstructable powder, if desired, for convenience or for reducing shipping costs. Soy beverages are used in many parts of the world to prevent deficiency in the diets of babies and children.

HOUSEHOLD MEASURES OF FOOD AS SOURCES OF POTASSIUM

Food group	Potassium per household measure		
	300 mg and more	100 - 300 mg	Less than 100 mg
Dairy products and eggs	milk, whole, $\frac{1}{2}$ pt milk, nonfat dry, $\frac{1}{4}$ cup	ice cream, 8 fl oz	egg, whole, one cottage cheese, $\frac{1}{2}$ cup 1-in cube butter, 1 tbsp
Meat, Fish, Poultry (3 oz cooked, unless otherwise stated)	beef veal pork, fresh, roasted beef liver chicken, light meat salmon, pink, canned	frankfurter, one tuna, canned-in-oil chicken, dark meat ham, cured whitefish	
Vegetables and legumes ($\frac{1}{2}$ cup unless otherwise stated)	dry beans, cooked ¹ soy flour, defatted ¹ peanut butter, 3 tbsp potato, one, baked or boiled winter squash, cooked sweetpotato, one medium, cooked	lentils, cooked cauliflower, cooked broccoli, cooked brussels sprouts, cooked spinach, cooked kale, cooked carrots, cooked tomato, $\frac{1}{2}$ raw	
Fruits and fruit juices ($\frac{1}{2}$ cup unless otherwise stated)	banana, one medium avocado, $\frac{1}{2}$ medium ¹ cantaloupe, $\frac{1}{2}$ medium watermelon, wedge, 4 X 8 in raisins, $\frac{1}{4}$ cup dried prunes, cooked or uncooked dried apricots, cooked or uncooked ¹ dried peaches, cooked or uncooked ¹ dried figs, 4 large dried dates prune juice	grapefruit, $\frac{1}{2}$ medium apple, raw, one medium orange, navel, one medium peach, raw, one medium pear, raw, one medium strawberries, raw Citrus juice, canned or frozen tomato juice, canned pineapple juice, canned or frozen	lemonade, limeade from frozen concentrate
Grain products ($\frac{1}{2}$ cup unless otherwise stated)		pie, apple, 1/7 of 9-in pie	bread, one slice corn flakes, 2 oz oatmeal, cooked farina, cooked rice, white, cooked macaroni, spaghetti, or noodles, cooked grits, cooked pancakes, 2-3 doughnut, cake-type, one cupcake, plain, one cookies, plain, 5-6
Other foods	molasses, dark, 2 tbsp. yeast, brewer's 2 tbsp	cocoa, 2 tbsp	sugar, 1 tbsp honey, 1 tbsp salad oil, 1 tbsp sherbet, 1 cup

¹ More than 500 mg. potassium per common household measure.

Sources: U. S. Department of Agriculture, Agricultural Research Service, *Composition of Foods*, U. S. Dept. Agr. Handbk. No. 8. Revised December 1963. For sale for \$2 from Supt. of Doc., U. S. Govt. Print. Off., Washington, D.C. 20402. Also unpublished data from Consumer and Food Economics Institute.

TODAY'S FAMILY

—and Extension

Today's society is different than it was yesterday, according to the Extension Service, the educational arm of the U.S. Department of Agriculture.

Families today are different than they used to be. The concept of a family used to be two or more adults living together and cooperating in the care and rearing of their children. Today, a family unit may consist of a single parent with one or more children -- it also may mean several adults living together, a couple, with or without children. Often it is a single adult who considers himself "family" because that is the way that it is today.

There are more than 60 million people in the United States between 15 and 34 years of age. This represents 30 percent of the total population.

Young families want to know how to use credit, avoid over-extended spending for large purchases, such as cars and furnishings. Also, they want to know how to meet pressures when the husband is in school or unemployed. And, parents without partners need to provide help and child care assistance. The Young Family program leader, Betty Bay of the Extension Service, USDA, says they have limited time for homemaking activities and limited skills in home and family living.

A National workshop held recently in Washington, D.C., was the kick-off for the "Young Families in Profile" training to help understand the changing life styles, characteristics, and needs of young families today. Extension's purpose is to learn how to help them. A part of the workshop was on educational experiences using new training methods with emphasis on the maximum use of multi-media, and on improving skills in using mass media. Evaluating and sharing current educational materials and information relevant to programming with young families was also stressed.

Extension educators all over the country are working towards finding better ways to relate to the problems facing families today. New communication methods and techniques are especially effective in reaching young families.

Other information explored included family life and marital enrichment, the cultural arts, and coordinated consumer information for young families.

Extension staff members from 26 states attended the national workshop. Programs and materials for the entire country may be based on the new directions, as a result of such workshops and panel discussions for young families.

FOOD SAFETY

— How do we keep food safe?

Know the Good Guys From the Bad Guys . . .



CHARLIE —

"Hi! I'm Charlie, one of the good bacteria. I'm in the food you eat, the air you breathe, the water you drink."



SAL —

"And I'm Salmonella, one of the bad bacteria. Just call me Sal. I'm found in raw meat, fish, poultry, and eggs, and I'm carried by dirty hands. I can make people sick."



STAPH —

"Don't forget me. I'm Staphylococcus, another of the bad bacteria. My nickname's Staph. I come from sneezes, coughs, and careless hands and I form a toxin in hams, custard-filled foods, cream pies, unrefrigerated cooked meat, and dairy products. Cooking kills me, but not my toxin!"

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